

## NUMBERS TO CALL

- ◇ Fire or medical emergency, or any immediate threat to life, safety, or any crime in progress: 911
- ◇ Suspicious circumstances or any other matter for which you would like the services of a patrol officer: 911
- ◇ To talk to a officer assigned to Community Oriented Policing in your area:

- UPD Dispatch 743-7000
- Holladay City 272-0426
- Millcreek 272-5225
- Magna 250-1474
- Kearns 967-4420
- Herriman 302-2080
- Riverton 254-0167
- Bluffdale 254-0167
- Graffiti Removal 468-2182
- Crime Prevention 468-3901

Unified Police Department  
Herriman Precinct



## Emergency Preparedness Guide

# ***DISASTER!***

## **A Family Preparedness Plan**



Unified Police Department  
Sheriff James M. Winder  
[www.updsl.org](http://www.updsl.org)  
743-7000



## INTRODUCTION

Family disasters come in all shapes and sizes, from the sick child to a major earthquake. By using a little imagination and adapting this simple five-step disaster plan to your family's special circumstances, you should be able to easily and inexpensively prepare yourself and your family for the full range of possible emergencies.

A suggestion: Don't try to eat the elephant all at one time. Proceed, with small steps, roughly in the chronological way the plan is presented. You will be surprised at the progress you will make and soon your plan will be complete.

### **STEP 1: First Aid Training**

Everyone should have first aid training. It's a great investment! A family member may suffer a burn, fracture, have a heart attack, choke on food etc. In a major disaster, multiple trauma are common. First aid training is not hard; anyone with average intelligence and physical strength can learn to handle medical emergencies with skill and without panic.

Fortunately, good first aid training




is readily available and relatively inexpensive. Contact the American Red Cross, Unified Fire Authority or your local community education department for information. Set aside some time to register and complete the training. It will teach you to deal with medical emergencies, educate you on the ways that accidents can be avoided, and prepare you for the worst case scenario.

Preparedness for both small and large emergencies is very compatible with your Neighborhood Watch program. If you don't have a Neighborhood Watch program in your area, take the lead in organizing one. Call the UPD Crime Prevention Unit at 468-3901 with help getting started.

### **STEP 2: Emergency Information Package**

In any emergency, major or minor, it's not unusual for those involved to be unable to remember critically needed information or where it is kept. Sometimes disaster victims themselves are the only ones who know critical information and they are unable to communicate it at the time. At such times, an Emergency Information Package can be a great help.

Collect together, all in one document, all pertinent emergency information about 

emergency information about relatives to contact, preferred hospitals, alarm codes, gas and water shut-off valve locations, required medications, and anything else which might be needed in an emergency.

Make at least three copies of the package. Put one in an easily accessible place near your home, hidden or secure from burglars, where it can be retrieved quickly. Make sure everyone in the home knows where it is, but teach your children that the information in the package is to be used or given to others only in the event of an emergency.

Put the second copy in your safety deposit box or some other safe place outside your home. Share another copy with someone you trust explicitly, either relative or a friend, only if you feel comfortable doing so. They then have the ability to see critical needs associated with an emergency even if you are not at home. Review and update your package as needed or once a year.

### **STEP 3: Family Escape & Communication**

In many emergencies, family members often become separated. When this happens, they do not know whether others are safe or if they need help. A family escape and communication plan helps avoid this uncertainty in times of stress.

Get together with family members and plan in advance the best route to escape from your home in case of a fire, earthquake or other emergency. Select a place outside the home where you will gather following the escape. This is where a head count will be taken. Then, practice the plan!

Also, plan what each member of the family will do if separated. Check out potential escape routes from school, work, in addition to driving routes that will be best take in an emergency. You must give consideration to the possibility of downed power lines, trees, and other obstructions. Then, practice the plan!

Finally, plan what each family member will do if attending a public event. How will they contact you and where will you meet. Cell phone are a great emergency preparedness tool, but when it happens, cell towers may be down or the lines overloaded with callers.

### **STEP 4: The 72 Hour Kit**

In a major disaster, emergency services will be inundated with work, communication systems will be overloaded and fail, roads will become impassable due to debris and downed wires and power lines, and sewer systems become inoperative because of damage.

In such circumstances, experience has shown that families should plan on

being totally sufficient for a minimum of 72 hours before help arrives and restoration of services can begin. The 72 hour kit helps bridge this gap. Every family should assemble one as time and financial resources permit. There are two ways to do it:

- One way is to purchase a pre-assembled kit from one of the many emergency preparedness outlets offering them for sale. Kits vary widely in cost, depending on the sophistication of the contents and then number of persons covered by the contained supplies.
- Another way is to assemble a kit from standard household and camping items, customizing the contents to the needs of the family.

Checklists are available from public service organizations and in preparedness literature which can serve as a guide to verify the completeness of the kit.

Contents of each family's kit will vary, but should contain water, food, clothing, sleeping gear, shelter, sanitization, first aid, and comfort items.

The 72 hour kit should be contained in some type of practical, easily transportable container such as a small trunk or large backpack. The kit should be kept where it can be located quickly and removed from the home in an emergency. All family members should know where and how to use it.

### **STEP 5: The Shadow Kit**

The aptly-named "Shadow Kit" can be best described as a miniature kit which goes with you everywhere: in the car, on trips etc. It serves as a temporary means to get to a larger supply of necessary items. This kit should contain whatever you need to survive and function, render first aid to yourself, and get back home.

The building you work in may be in shambles and often traveled roads may be un-drivable. Thus, you will probably need good walking shoes, a flashlight, water and food, and an emergency radio. Be sure to have a list of phone numbers of family members with you.

### **IN CONCLUSION**

Disaster planning can be a stimulating and confidence building experience for the entire family. It may also save the your life, or that of a loved one. May you never have to experience a disaster, but don't fail to prepare for one!!!

